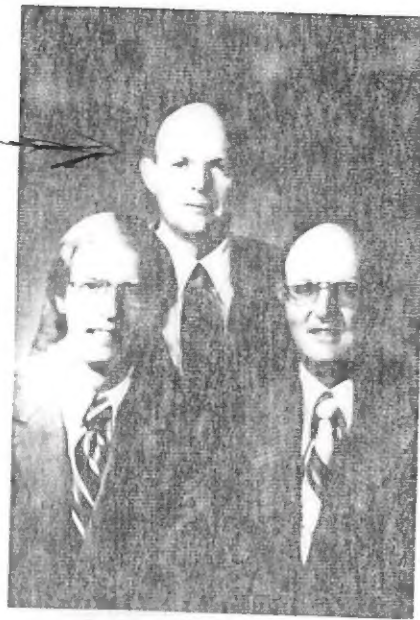


? Daniel C.
Walton

Charles W.
Walton



?
Jerry W.
Walton

Dear Wes & Nell

I do hope your pictures
arrived safely.

I'm sorry, - I've forgotten
the names of your other 2 sons.
Please fill them in & send
this sheet back to me -

Dear Dr Green, 9.24.86

This should fill the
Bill.

We wish you the best
of luck in your undertaking.
Sounds like a Big Job,
but will certainly be
very worthwhile for a lot
of people.

Yours Truly

Wes & Nell Walton

Thank you
Very much
Dr Green

R. Raymond Green, M.D.
45 South Main St.
Heber, Utah 84032

R. RAYMOND GREEN, M. D.
98 So. Main
Heber, Utah

DELIVERY AND POSTPARTUM EVENTS

Most pamphlets and brochures for expectant mothers, including those we have given you, adequately cover the many questions you may have about pregnancy prior to delivery. Others you have probably read, list items to take with you to the hospital; and there are volumes on the care of your newborn baby.

However, there is usually a large blank concerning events between the time you excitedly leave for the hospital and the time you happily return home with your new baby. It is this period that we wish to discuss with you.

SIGNS OF LABOR

Labor usually begins with intermittent cramplike pains in the back or abdomen which gradually become stronger and more frequent. It may be accompanied by a vaginal discharge of blood-tinged mucous which is called "show", or preceded by a sudden profuse gush of water from the vagina. When any or all of these symptoms occur you will know that your labor is beginning and you should call us at once.

If this is your first baby you may wait until your pains are about ten minutes apart before going to the hospital. If it is the second or third, go immediately after calling.

Do not eat anything after labor begins; water, coffee or tea are permitted.

There are two important reasons for this:

- 1) Vomiting sometimes occurs during delivery, and if the stomach is empty there is no chance of vomited food entering the lungs.
- 2) A full stomach interferes with a general anesthetic, if it should be needed.

When you arrive at the hospital a nurse will take you to the labor room. There you will undress and be examined by one of the house physicians. You will then be given an enema, prepared for the delivery room, and be given medication to carry you through the final stages of labor and delivery.